



11 Overstrand and Cromer

3¾ miles / 6 km

Although Norfolk is renowned for its flatness, we do have a few places where contours trouble the map. One such area is the north-east coast between Overstrand and Cromer, where cliffs of soft clay reach a heady 75 yards in height. This walk, out along the beach and back along the escarpment, enables you to admire the cliffs (while they still exist) and to use the height to look far out to sea.

The route also takes in the best bits of Cromer, a Victorian seaside town that is enjoying rebirth as a foodie Mecca thanks to the clustering of fine independent eateries. Cromer is also renowned for its pier (particularly if you enjoy traditional seaside entertainment).

The Walk

- 1 From the clifftop car park, follow the sign for **Paston Way** east. Just after an open area with benches, a steep concrete path drops left (north) to the beach. Unless you want a cuppa at the **Cliff Top Café** (which lies just to your right) first, descend the path to reach the beach.
- 2 At the foot of the cliffs, turn left and walk for about 2 miles (3.2 km) west-north-west along the beach to **Cromer**. This follows the **National Trail**. For the first few hundred yards, a wooden groyne runs parallel to the

Terrain Beach, pavement or paved path, and undulating footpath.

Map OS Explorer 252 Norfolk Coast East.

Starting point Pauls Lane car park, Pauls Lane, Overstrand (GR TG 247410).

How to get there & parking Entering Cromer from the south along the A140, turn right onto Cromwell Road. Head straight over at the double roundabout, following signs to Overstrand. Continue broadly south-east, past the Royal Cromer Golf Club on your left (north). When you reach Overstrand, turn first left (north) into Pauls Lane, and follow this to the car park at the cliff top. **Sat Nav:** NR27 0PE.

Refreshments In Overstrand, Cliff Top Café is just 100 yards from the car park, on Cliff Road. It serves breakfasts and simple lunches 🌐 clifftopholidays.co.uk/cliff-top-cafe-norfolk. On the main road in Overstrand, the Potting Shed café is excellent 🌐 gardencentreoverstrand.co.uk/tearoom-cafe-overstrand-cromer.

In Cromer, arguably the best fish 'n' chips is served by Number 1 Cromer on New Street, which is run by local celebrity chef Galton Blackiston 🌐 no1cromer.com. Alternatively try the Rocket House Café above the RNLI Henry Blogg museum 🌐 rockethousecafe.co.uk.

cliff, before seeming to abandon hope below some of the steepest cliffs and stuttering to an end. Other groynes stride into the sea, perpendicular to the cliffs. The slumping cliffs become increasingly vegetated as you approach Cromer, with sycamores and sea buckthorn among the plants helping stabilise the slope. Ahead of you is Cromer pier.

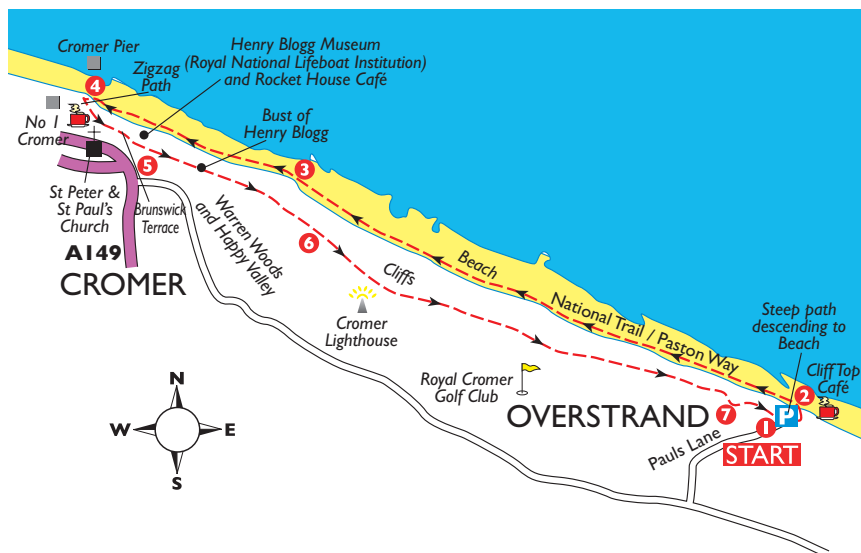
3 As you reach a line of beach huts, you leave the sandy ground to join a paved walkway. Continue along this, past the beach huts, until you reach the first fishing boats, which mark the start of the esplanade proper. Between here and Cromer pier is the **RNLI museum** (which houses the **Rocket House Café**) and various cafés and watersports establishments.

4 Feel free to stroll along the pier, which was built in 1900 to replace one destroyed in storms five years earlier. You could even go crabbing! Then walk up the zigzag path at the base of the pier to reach the town centre. At the top, a sign indicates that you are at the start of the Weavers'



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Way, a long-distance footpath that features in another walk in this book (page 21). Turn left past **Hotel de Paris** then bear right onto **Jetty Street**, which features terraced houses of different colours. At **St Peter and Paul's Church**, turn left along **East Cliff**, past a taxi rank. Beyond the **Red Lion** restaurant, take **Brunswick Terrace** (a narrow path with railings on either side) which curves to the right, overlooking the RNLI museum.

5 Cross the cobbled gangway and continue straight, following the footpath east as it weaves past a cottage and small park. On your right is a memorial bust in honour of lifeboatman **Henry Blogg**. The paved path rises gently until the **National Trail** (marked with acorn signs) is signposted left down to the beach; ignore this and continue straight along the clifftop, with its commanding views. Head past a seating area with benches and coastguard lookout, subsequently passing (or exploring, as you fancy) **Warren Woods and Happy Valley**.

6 Ignore public footpaths off to your right (south) and continue along the head of the cliffs. The path undulates considerably as it weaves through gorse and bramble. **Cromer Lighthouse**, set back to your right (south), signals the start of the **Royal Cromer Golf Club**, which you follow for all but the final few hundred yards of the walk. Ensure that you tread a fine line by staying on the public footpath for the full 1¼ miles (2 km), neither venturing too close to the crumbling edge nor onto the golf course.



7 The path passes some houses on the right, which mark the start of **Overstrand**. After a rectangular green area, you duck through a belt of trees to emerge in the car park, a flagpole and playground to your right.

What to look out for –

Henry Blogg

The Royal National Lifeboat Institution museum is dedicated to **Henry Blogg**, Cromer lifeboatman, hero and (with the assistance of his crew) saviour of 873 lives across 387 rescue missions. Blogg served for 53 years, during which time the RNLI awarded him seven medals (more than any other lifeboatman), and he also received the George Cross and the British Empire Medal.

